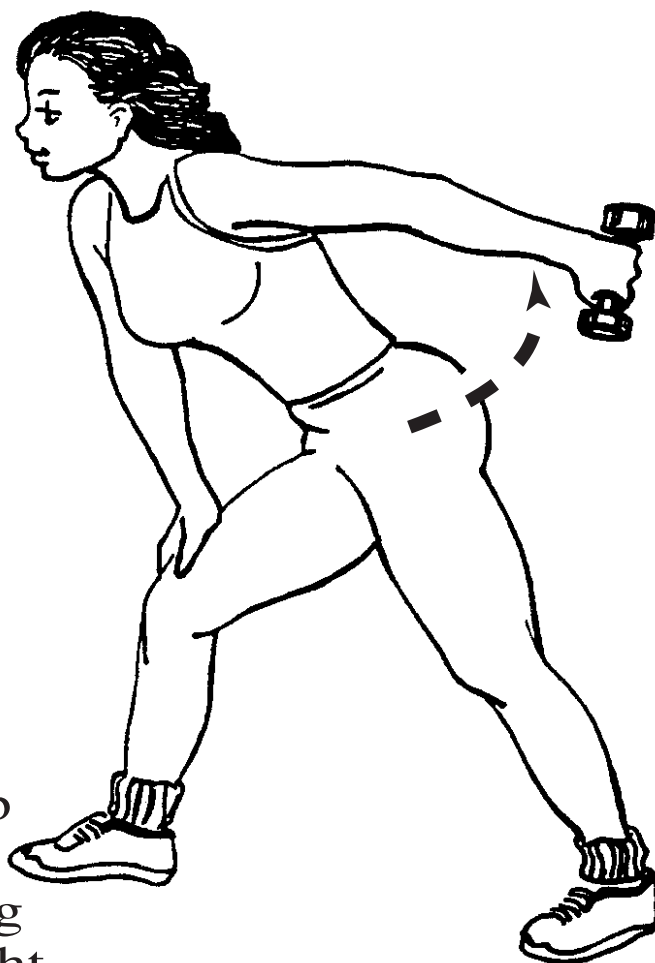




Tricep Kickback

(with or without weights)



Stand with your feet shoulder width apart, take one large step forward with your right foot.

Support your weight by placing your right hand above your right knee. Bring your left elbow straight up, upper arm parallel to the floor against the side of your body. Keeping the upper arm stable, straighten the arm at the elbow. Slowly bend at the elbow until your palm reaches the starting position. Repeat 10 times. Repeat with right arm.